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punditry -

Your essential daily news | wednesday, may 18, 2016

High 24°C/Low 12°C Mostly Sunny

Gregoire Trudeau

Helpnot sexist

wanted

Localactivist reflects on new trans bill

Shandi Strong believes Bill C-16 legitimizes the trans identity



Stephanie Taylor Metro Winnipeg

Local trans woman and activist Shandi Strong says that a few generations from now, discrimination against people based on their gender identity or expression will be water under the bridge.

She believes Canada took a historic step towards that future on Monday. as the Justin Trudeau Liberals became the first sitting government to table a bill that if passed, would enshrine transgender rights into the Canadian Human Rights Act, and offer new protection under the Criminal Code.

"It's a badge of honour that we can wave around the world and go look, this is who we are, this is what we stand for," she said of Bill C-16 during a phone interview Monday.

"We kind of assume as Canadians we have protection, and unless it's spelled out, we don't."

Strong, who ran as a Liberal candidate in Woseley during last month's provincial election, said it is significant that both gender identity and gender expression would be enshrined into the country's guiding documents.

Many people identify as gender fluid, meaning they do not ascribe to the male-female binary, she said, also pointing to men who may express more feminine or women who present more masculine.

"Now people will learn to accept us."

Morecoverage, metroNEWS

'It's a badge of honour that we can wave around the world **Shandi Strong**



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METHINEWS

Your essential daily news

Hudson's Bay going Dutch with store openings in Netherlands. Business

ds. Business

Indigenous artwalk steps up

DOWNTOWN

Art on theme of welcoming are on display all summer



Braeden Jones Metro | Winnipeg

A dozen downtown storefronts are more reflective of the city's diversity now that indigenous art is displayed behind them.

Part of a new "indigenous artwalk" launched by the Downtown Winnipeg BIZ Aboriginal People's advisory committee, the artwork based on the theme of "welcoming" will be on display until August.

One of the 12 featured artists, 17-year-old Brooklyn Rudolph, said her painting of people in front of a tipi was her response to the thematic prompt.

"(There are) two elders and their daughter welcoming people into their tipi for warmth," she said. The northern lights dance above the tipi in the sky, which Rudolph feels adds to the warm, welcoming scene.

She said she first learned of the opportunity to share her artwork and culture through a call for submissions on Facebook, and as an aspiring artist, she had to participate.

"It just means a lot to me because I really love painting and I really wanted to show people my art," she said. "It's such a great opportunity.... It's an amazing feeling, being able to share my artwork with other people."

Another participating artist and member of the advisory committee, Sharon Redsky, said for all indigenous Winnipeggers, visitors, and young people especially, "it's really important that their culture is reflected back at them."

"This is really exciting to be able to have this opportunity," she said Spokesperson Jason Syvixay said creating that opportunity for Rudolph and the other artists follows the Downtown BIZ's other efforts since striking the advisory committee in 2013 to make the downtown more inclusive of Indigenous culture.

Elder Larry Monkman agreed that the "fantastic" art walk continues in that vein. "The way I like to walk my life is by the meaning of the braid of sweet grass.... For me it stands for patience, kindness, and honesty," he said. "That's what I see with the downtown BIZ, that's what they're doing by reaching out to all of the storefronts and to everybody."



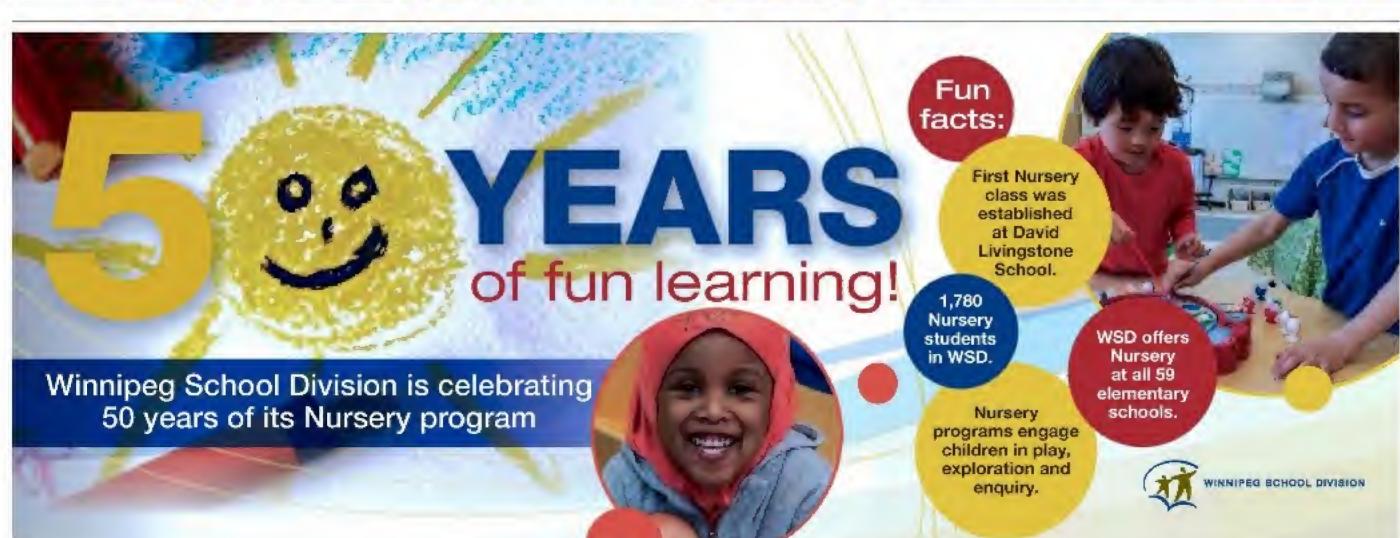
he said. "That's what I see with the downtown BIZ, that's what they're doing by reaching out to all of the storefronts and to everybody."

Clockwise from top: Sharon Redsky, an artist and member of the Downtown Biz aboriginal people's advisory council, said she's thankful for the opportunity she and the others have to share their culture; Larry Monkman said people need to see the art for themselves. Brooklyn Rudolph, 17, one of the featured artists with her work at ALT Hotel (far right). BRAEDEN JONES/METRO









Pit bull ban 'like banning a specific race of human'

LEGISLATION

Thousands of signatures sought before city hall fight



Stephanie Taylor Metro Winnipeg

One local woman is urging the City of Winnipeg to once again consider repealing its ban on pit bulls.

Jessica Page is the creator of recent online petition at Change.org to eliminate the ban, which she said has been gaining traction since late April. By last count on Monday, the petition had garnered 442 signatures.

"To ban a specific type of breed is kind of like banning a specific race of human," Page explained. "Like, 'Oh. you might commit a crime one day.' The analogy kind of stands up."

A city council voted to introduce a ban on pit bull type breeds back in 1990, following several incidents of the dogs biting people.

Animal advocates have since argued unsuccessfully against the breed-specific legislation for years, pleading with the city's animal services agency to overturn the ban.

The rule falls under the city's responsible pet ownership bylaw, which prohibits owning dogs that have the resemblance or characteristics of American Pit bull Terriers, American Staffordshire Terriers and Staffordshire Bull Terriers.

Mayor Brian Bowman and the rest council could now



Jessica Page is against breed-specific laws and says pit bulls are 'happy, awesome dogs that love to cuddle.' тникэтоск

become next in line to tackle the question of repealing the pit bull ban, as Page says her next step is to take the petition to city hall once it gains a

few more thousand signatures. "There are better alterna-

tives," she said of the ban. "Breed-specific legislation has so far caused a lot of people some heartache."

That heartbreak not only belongs to individuals who choose to illegally own pit bulls and risk being identified by neighbours and having their pets seized, but also those like herself who simply want that

Breed-specific legislation is really very impractical and unfair Jessica Page

type of breed, she said.

"I just think they're these goofy, happy, awesome dogs that just love to cuddle and are very smart."

Aileen White, who is a communications director with the Winnipeg Humane Society, said she was not aware of Page's petition, but says breed-specific legislation masks larger issues surrounding good pet-ownership, such as owner accountability and education.

"We'd rather look at the big-

ger issue at play of what can we do to ensure that people are properly maintaining and creating safe and positive bond with their dog," she said, adding it is time to review the ban.

Page pointed to a model used in Calgary, where she says there is an increased focused on education, as well as incentives for licensing, spay and neuter programs, mandatory muzzling and chip requirements, as well as safety courses.

Premier to attend Pride parade

Manitoba's new Progressive Conservative premier, Brian Pallister, says he plans to attend the annual pride parade in Winnipeg next month.

Pallister says he will participate in the celebration of gay and lesbian rights, barring a natural disaster or other emergency that would require his attention. He would be only the second Manitoba premier to do so. When first asked last month, Pallister said he would have to check his schedule, but he now says he is committed to attending.

Pallister was accused by former NDP premier Greg Selinger of being homophobic for opposing a 2013 law that requires schools to allow students to set up gay-straight alliances.

He also came under fire for



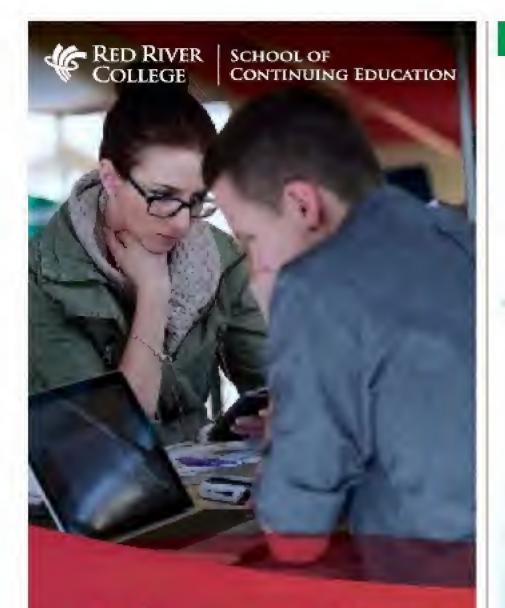
Everyone should feel included in the province in a real way, not be living in fear or exclusion.

Premier Brian Pallister

comments he made a decade ago in Parliament when he called same-sex marriage a social experiment. After winning the April 19 election, Pallister said his party wants to be inclusive of all Manitobans. "The idea here is obviously everyone should feel included in the province in a real way, not be living in any sense of fear or exclusion," Pallister said Tuesday.

Selinger was the first premier to attend the annual pride parade, which starts out from the front of the legislature. THE CANADIAN PRESS

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Toronto-based soul singer Tanika Charles will perform Wednesday at The Good Will. TAKE AIM MEDIA

Soul singer learned from Love Fool past

Tanika Charles' debut album about mistakes in relationships

Nigel Moore

For Metro | Winnipeg

"I've been foolish in love my entire life; are you kidding?" said Toronto-based soul singer Tanika Charles. "Bad decisions my whole life!"

Charles was talking about Love Fool, a song on her debut album Soul Run, released last week. "Even now, when I'm absolutely happy and in a wonderful and loving relationship. Even with this relationship, at the beginning I was so used to being treated so badly that it felt strange. Like I wanted to leave, because this person was being so good to me," she said.

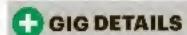
"The songs on Soul Run are about growth, and figuring out who I am based on experiences I've had in relationships," said

Charles, adding that the Toronto dating scene was the setting for many of them.

"Just getting caught up in ridiculous moments and situations, with people who just aren't right for you," she said. "I think holding in pain does a

lot of damage to you; physically and mentally and possibly spiritually. So writing and singing is a relief for me," said Charles.

"I would love it if I could be inspired by something like a flower and write something beautiful. I wish I could write like that, but I really and truly have to feel a



Charles and her band The Wonderfuls will perform Wednesday at The Good Will, presented by Jazz Winnipeg. Tickets are \$15. at JazzWinnipeg.com, Music Trader, The Good Will and Jazz Winnipeg on Arthur Street.

NIGEL MOORE/FOR METRO

situation. I have to feel things to write them."

ASSINIBOINE PARK ZOO

Dinosaurs to be resurrected this summer

Dinosaurs are coming alive at the Assiniboine Park Zoo during May long weekend.

Well-known ancient species like the Triceratops, Tyrannosaurus Rex, Mojoceratops and Kosmoceratops are all part of the new Dinosaurs

The zoo announced Tuesday that the exhibit — featuring 15 life-size, animatronic dinosaurs - will be open to the public and included in

regular zoo admission prices beginning Saturday at 9 a.m.

The towering reproductions of Jurassic and Cretaceous creatures will be in Winnipeg until September 5.

The Dinosaurs Alive exhibit, sponsored in part by Aris Reit, offers zoo goers a chance to see how dinosaurs may have looked, moved, and sounded millions of years ago.

Supplemental interpretive materials will help people understand how the dinosaurs adapted based on changing environments and

Head of zoological oper-ations, Gary Lunsford said the Assiniboine Park Zoo is excited to share the experience with visitors, as "there's been a lot of excitement and anticipation within the community since we announced this exhibit was coming."



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On-reserve child poverty rate is 60% in Canada

EPORT

Statscan figures don't tell the whole story: institute

Indigenous children in Canada are more than twice as likely to live in poverty than non-aboriginal kids, according to new findings released Tuesday by the Canadian Centre for Policy Alternatives.

The study, which delves into poverty rates on reserves and in the territories as measured by income, documents the dire conditions being experienced by status First Nations children, including 60 per cent of those who live on reserves.

The rates of poverty on-reserve worsened between 2005 and 2010, the researchers found, citing long-standing baniers such as underfunded schools and child welfare services that stand in the way of kids achieving their full potential.

Senior economist

David Macdonald, who co-authored the report, said the figures clearly show deplorable rates of child poverty on reserves in Canada.

"One of the interesting things is that despite the fact that we have seen strong economic growth in the 2000s in Alberta in particular, as well as Saskatchewan and Manitoba, we are just not seeing that filter down to the on-reserve level," he said.

"We are to some degree seeing it trickle down to the off-reserve population ... but we are just not seeing the benefits on reserve."

To come up with its figures, the institute updated its findings from a previous report examining child poverty rates based on the 2006 census, using 2011

The poverty rate among Manitoba

live on-reserve. It's 69 per cent in

Saskatchewan.

indigenous children who National Household Survey data.

"Statistics Canada reports on poverty rates do not include people who live on a reserve or people living in the territories where roughly half of all Inuit people are located," the report said.

Because this

data is excluded, official poverty rates in Canada are lower than they would be if these populations were counted."

Study co-author Daniel Wilson said he is hopeful measuring and reporting on the problem will help to end "policy-making in a void of information."

The study also contains immediate suggestions for a poverty reduction plan for reserves including calls to improve direct income support and bolster employment prospects.

"These first steps will not eliminate the enormous gap in circumstance between children in Canada but they may slow or reserve a worsening trend of increasing poverty among First Nations children on reserve," the report said.

"If we are to restore some hope to communities suffering from a pandemic of adolescent suicide, it is one place to start."

The Liberal budget tabled in March made substantial investments on housing, clean water and education for First Nations, the study noted, but the bulk of that money is not scheduled to be spent for a few years yet.

THE CANADIAN PRESS

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METRO EXPLAINS

What to know about the transgender bill



Elisha Dacey Metro Winnipeg

The Liberal Government introduced legislation Tuesday that will protect the rights of transgender people.

WHAT IS IN THE BILL?

The legislation includes provisions to make it illegal to discriminate against some-

one in the workplace simply because someone identifies as a different gender, and would see the Criminal Code updated to extend hate speech laws to protect transgender people.

WHAT DOES IT MEAN **FOR TRANS PEOPLE?**

This means if someone is targeted in a crime because of their gender identity or gender expression, judges

(whether it's a human rights complaint or a criminal trial) would have to consider that aspect of the crime as an aggravating factor.

HOW WILL IT BE **ENFORCED?**

Similar to current enforcement around any hate speech or human rights violation law. It would simply mean gender identity and expression would also be protected

under the law.

WHAT CAN BE IMPROVED?

Several advocates say this is an important first step but it's impossible at this point to know how effective it will be.

ANYTHING ELSE?

The law was introduced on an important day - the International Day Against Homophobia, Transphobia and Biphobia.



on May 7. AFP/GETTY IMAGES

Evacuation frustrates workers

ALBERTA

Wildfires near **Fort McMurray** grew to 355,000 hectares

Helen Pike and Jeremy Simes Metro Calgary

Fort McMurray-area fires have stopped oil and gas companies in their tracks as 8,000 workers, some flown in the same day, were forced from camps with the imminent threat of danger.

Matt Breen has been away from his two daughters since February working in Fort Mc-Murray when he was evacuated. But it wasn't long before his company called him back from New Brunswick, asking if he wanted to fly up for a few more weeks and finish the job.

"I didn't really do any research to see what was going on with the fire, I just assumed it was done, I didn't think it was that bad," Breen said. When he landed at Firebag airport he could smell and feel the smoke in the air, but didn't think much

Breen said he was about to go get something to eat Monday night when the fire alarm went off and announcements came over loud speakers to let workers know buses were on their way and the fire was headed towards the camp.

Bryan Wheller was evacuated on Monday just up the road from the flames at Noralta Lodge.

He flew out to the Noralta lodge and witnessed the chaos firsthand as camps short on buses and busy with staff scrambled to evacuate for the second

Wheller said there weren't enough buses to take all the evacuees, so he waited near the Noralta camp for about six

"They wouldn't tell us what was going on," he said. "I just think it's ridiculous.

On Tuesday, government officials assured evacuees that planes and buses will be made available to fly or drive them

Premier Rachel Notley told reporters the fire grew to 355,000 hectares overnight from 285,000 hectares, adding Noralta and Birch Creek lodges are currently at risk as firefighters focus on saving those facilities.

The majority of evacuees were ordered to go north, where many of them wound up two weeks ago when they fled their

Wheller said the push to flee north made no sense.

"They didn't really have an evacuation plan," he said. "If they didn't know, why not bus them down south where there are more services?"

Flames are expected to head eastward to a Suncor facility north of Fort McMurray, though officials say the Suncor site is protected by the Athabasca River.

But the blaze will also encreach on Highway 63, trapping evacuees up north until it's safe to drive south.



IN BRIEF

Latest attacks in Baghdad kill 69 people

A wave of bombings struck outdoor markets and a restaurant in Shiite-dominated neighbourhoods of Baghdad on Tuesday, killing at least 69 people, officials said — the latest in a string of attacks claimed by Daesh which have left more than 200 dead the past week.

THE ASSOCIATED PRESS

CRISI

Migrant smuggling worth \$6B

Smuggling networks cashing in on the huge flow of migrants into Europe had an estimated turnover last year of up to \$6 billion, international law enforcement agencies said Tuesday.

They said that the number of people trying to reach the European Union is expected to increase, with some 800,000 waiting in Libya to cross the Mediterranean. More than 1.2 million people applied for asylum in the EU last year.

A summary published Tuesday of a joint Europol and Interpol report also warned: "There is an increased risk that foreign terrorist fighters may use migratory flows" to sneak into Europe. It noted that two extremists involved in the deadly rampage in Paris on Nov. 13 last year entered the EU through Greece as part of the influx of migrants from Syria.

Europol said an estimated 90 per cent of all migrants entering the European Union have their trip facilitated by smugglers, sometimes helped by corrupt officials paid off to ensure boats are released and vehicles allowed to pass borders.

Europol Director Rob Wainwright said the report "describes the huge role played by organized-crime networks in the migration crisis and sends a clear message to the EU and its member states that we must combat these networks in the strongest possible terms."



World | metr@NEWS

Spending sets records

CAMPAIGN

2012 election had big money, this one will be no different

Mitt Ronney won the Republican primary. Then he became an invisible man.

The 2012 presidential election was four months away, then three, then two. Romney trailed in the polls. Yet his schedule of public events was tiny, the candidate nowhere to be seen for hours on end. Unless you had a pile of cash to spare.

Romney was theoretically running for president. In reality, he was spending most of his summer trying to convince rich people to give him money.

The 2012 campaign set a record for U.S. election spending: \$7 billion. Four years later, there has never before been so much candidate talk about the evils of money in politics — and this campaign will almost certainly set another record.

Some of the cash will go to oldfashioned staples like yard signs and brochures and drab offices and the organizers to staff them. Some will go to social media monitoring and voter microtargeting. But by far the biggest chunk will go to TV ads. Even though those ads almost always have a small impact on the outcome. But they do it for the same reason people climb Mount Everest, said Tom Korologos, a Bush donor and former ambassador to Belgium.

"Because it's there," he said.
The money is there in large
part because of Citizens United
— the 2010 Supreme Court decision that lets corporations give
unlimited sums to Super PACs,
quasi-independent spending
groups that are free to run ads
promoting particular candidates.

It's also there in part because George W. Bush and Obama decided to do their own fundraising instead of using the public financing system.

This presidential election could be cheaper than expected. After insulting big donors and failing to invest in fundraising, Donald Trump may find it difficult to secure the \$1 billion Romney and Obama did and Hillary Clinton easily will. But that doesn't mean activist Republican tycoons are going to squirrel away their money. There's a Senate and House to save.

"If the Koch brother network is not spending a billion bucks on the presidential race, then they're spending a billion bucks on congressional seats," said Ken Goldstein, a University of San Francisco politics professor.

TORSTAR NEWS SERVICE

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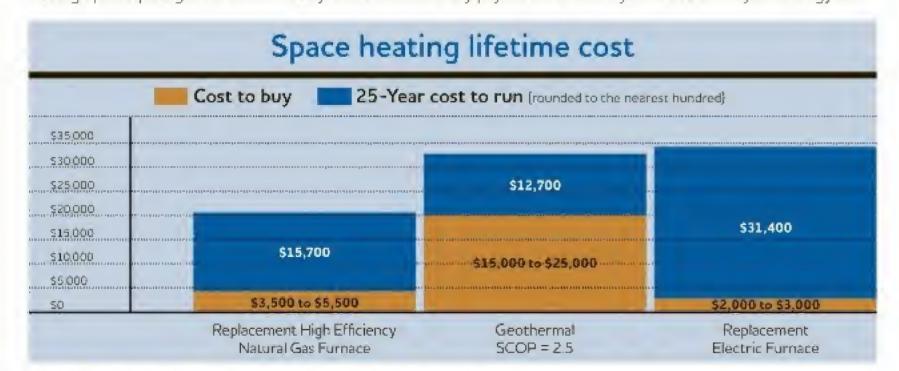
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Savings: Although geothermal heat pump systems are more expensive to install over conventional electric heating and cooling systems, the energy savings can pay back your investment over time. When obtaining contractor quotes, ask for a payback analysis to help you determine if a heat pump is the right choice for you.

Financing: Manitoba Hydro is here to help with two convenient and affordable low-interest financing programs, the Residential Earth Power Loan and Power Smart: PAYS Financing. Both financing programs are available through participating contractors. And, you can conveniently pay off the loan on your Manitoba Hydro energy bill.



Note: These costs do not include repair and annual maintenance costs.

For more details on geothermal heat pumps, the Residential Earth Power Loan or Power Smart PAYS Financing visit hydro.mb.ca, email powersmartexpert@hydro.mb.ca, call 204-480-5900 or 1-888-624-9376 (1-888-MBHYDRO).

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metr@NEWS Business Wednesday, May 18, 2016

Riskier borrowers take on more debt

Sub-prime loans growing in Canada

Canada's riskiest borrowers are taking on bigger debt burdens. pushing national average debt levels up nearly three per cent in the first quarter of 2016.

TransUnion's latest quarterly credit review found that the

average Canadian's non-mortgage debt rose to \$21,348 in the first quarter of 2016, up 2.7 per cent from the first quarter

Borrowers classified as subprime by TransUnion's risk measure saw their average credit card balance grow by 5.7 per cent year-over-year to \$6,601. The majority of borrowers, those with prime or above ratings, actually reduced their balances.

TransUnion found that balances on instalment loans — a relatively new highinterest product grew 4.83 per cent year-over-year to an average \$23,591. Individuals who do not qualify for lower in-

terest bank loans are

most likely to resort to these short-term loans, which can carry annual interest rates

Sub-prime borrowerssaw their credit card balance grow by 5.7 per cent.

as high as 59.9 per

Subprime borrowers comprise just 13 per cent of the 26 million credit profiles TransUnion tracks in Canada, said Jason Wang, TransUnion's director of research and analysis for Canada.

"Subprime has grown, but it is still very small," he said. "This

is a relatively new trend ... but it's not the end of the world."

TransUnion also found that serious delinquency rates increased three per cent in the first quarter of 2016. The largest increases were booked in provinces most affected by the oil price slump — Alberta and Saskatchewan.

CIBC economist Benjamin Tal said he is concerned that subprime lending is "driving the bus."

He has written about the risks involved in Canada's alternative financial lenders or "shadow lending" sector and estimates the small but rising number of subprime mortgage borrowers is less than five per cent. Mortgage loans to high-risk borrowers are a bigger concern because of the higher amounts of money involved. They are behind the U.S. housing crisis that led to the global recession of 2008-2009. TORSTAR NEWS SERVICE.

Time to ditch Twitter limit

Many Twitter users — and more importantly, the billions more who don't use Twitter feel constrained by the company's somewhat archaic 140-

Whoops! That's what happens when you hit the character limit imposed by Twitter. Is it time to ditch it as Twitter searches for ways to grow its stagnant user base?

The limit was created so tweets would fit in a single text message, back when people used Twitter that way. But most people now use Twitter through its mobile app, where there isn't the same technical constraint.

And Twitter users already employ creative ways to get around it. They send out multipart tweets, or take screenshots of text typed elsewhere.

CEO Jack Dorsey, in such a screenshot that he tweeted in January, appeared amused by the fact that people - not to be constrained — are finding creative workarounds such as the text block photos. Maybe it's something Twitter could build on.

"(What) if that text...was actually text?" he mused. "Text that could be searched. Text that could be highlighted. That's more utility and power."

This suggests that the company is at least thinking about creative ways to keep the spirit



Twitter users already employ creative ways to get around Twitter's 140-character limit, THE ASSOCIATED PRESS

of the 140-character limit while giving people more freedom to share their thoughts and rants. But there's history, nostalgia, and the Twitter brand being inexorably tied to quick, short bursts of text. Twitter is still often described as a "short messaging service," after all.

Dorsey called the limit a "beautiful constraint" that inspires creativity, brevity and a "sense of speed." Twitter, he wrote, will never lose the feeling.

A few months later, Dorsey insisted to "Today" show host Matt Lauer that the 140-character limit was here to stay. even as Twitter itself evolves.

But a news report this week, citing unnamed people, said the company was planning to stop counting Web links and photos in the 140 characters, a move that would further erode that limit. Twitter declined to comment on the Bloomberg report.

Gartner analyst Brian Blau called the idea "a good compromise." Twitter already shortens long links to give users more room to write. This might be a logical next step.

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Your essential daily news

Wednesday, May 18, 2016

ROSEMARY WESTWOOD ON JUSTIN'S 'UNOFFICIAL' SPOUSE

The real cause of the media backlash against Sophie is her husband, who once said his family was rich. That, to conservatives' ears, meant taxpayers shouldn't have to cover his family's lifestyle. Or his wife's public-service aims.

I feel for officially useless Sophie Grégoire Trudeau. She must have known there would be more days like this.

In the sequel to Nannygate, she told a Le Soleil reporter that she needs more help to respond to charities and non-profits, and generally "serve the public." That was the spark that lit the fire — though it required a lot of hot air to really get the blaze going.

"We don't need a First Lady," said the Sun, and, for once, it's right. Good thing we don't have one. If we did, Grégoire Trudeau might be asking for Michelle Obama's 24-strong staff.

Others accused her of benefiting from another "entitled" government position, as if a spousal role to the prime minister were not also a government role. To say Canada has a "no official spouse" policy is tantamount to calling a tomato a fruit: objectively true, practically useless.

Of course spouses have political roles. We should be grateful they're not set in stone, that our prime minsters' wives have been able to choose how much free labour to undertake on behalf of Canadians while their husbands run the nation.

What seems to irk the irked is that Grégoire Trudeau is failing to count her blessings.

To say Canada has a 'no official spouse' policy is to call a tomato a fruit: objectively true, practically useless.

"And then here came Grégoire Trudeau — with two nannies at home, a cook, housekeepers and no official duties — lamenting about how she is overburdened," wrote Robyn Urback in the National Post. Well, those are

most offeuded by Sophie's request for help are other working mothers, to imagine them a unified group with unified anger. Some might be mad, some supportive, and none should be used as political pawns.

But the real cause of all



DON'T FENCE HER IN Some pundits seem to want Sophie Grégoire Trudeau to be a humble homemaker and nothing else. ADRIAN WYLD/THE CANADIAN PRESS

not Sophie's staff and hers only. Suggesting they're "hers" implies that, by virtue of being a woman, Sophie would naturally be in charge of all the cooking, cleaning and child rearing.

In truth, Sophie has a single assistant, and even one or two more wouldn't make her anomalous in our history. It might be more than Laureen Harper had (a fact I haven't been able to confirm but seems assumed by every conservative columnist and eager-to-pounce NDP critic) but it would match Mila Mulroney's three staff, never mind her office on Parliament Hill.

It's also overreaching and patronizing — for pundits to suggest the people this backlash — surprise, surprise — is Sophie's husband. He once said that his family was rich and in need of less tax relief than less wealthy Canadians. That, to conservatives' ears, meant he was willing to pay his own way, and his wife's, while in government. Thus, taxpayers shouldn't have to cover his family's lifestyle. Or, apparently, his wife's public-service aims.

The suggestion is that our leaders' "entitlements" should be determined by how rich they are. Super rich? Pay for your own staff! Not-so-super rich? Oh, all right — we'll cover you. Oddly, no one has yet come forward with the appropriate net worth/staff-

ing ratio.

What's clear is that Sophie won't soon escape from her critics. So let's end with some advice for you, Sophie, on how to please everyone. Shouldn't be too hard.

1. You can use your role to promote Canadian causes that everyone can agree are good (your choice of women's health and selfesteem is suitable), but do not expect any compensation or assistance. Truthfully, if you decide to be a stay-at-home mum and suspend any professional independence, that would be easier for all involved. Oh, and while you should always be with your kids, don't be photographed with them too much lest it be seen as political postur-

2. Make a good esthetic impression on our behalf at all times, but note that your expensive clothing in Vogue upset people. Then again, H&M and Joe Fresh aren't the most ethical. And naked is also not an option. Perhaps stay home?

 Since you come off as elitist, do something common, like spontaneously bursting into song. Oh, wait ...

4. Remember that you have no official role, and therefore no obligation to the Canadian public, except to follow these rules, and all the other, unwritten ones.

5. Finally, know that your mere existence as a modern, professional woman with good looks, effervescence and style is too flashy for Canada and unsettling for the patriarchy. In the end, it might be better to resign from your non-existent role. In fact, better you never even tried.

Disarmament offers Canada chance to lead on world stage

Paul Dewar

If Canada is to win a seat on the UN Security Council, we need a campaign that is bold, global and pertinent.

Leading a global effort on nuclear non-proliferation and disarmament should be a cornerstone of that campaign, and the upcoming G7 meetings in Japan represent a perfect opportunity.

The need to act on nuclear disarmament is clear. Nuclear weapons threaten our collective existence, especially in the hands of non-state actors, such as Daesh, and belligerent countries, such as North Korea. The financial cost to build, maintain and refurbish nuclear weapons is unsustainable. The proliferation of nuclear weapons also raises the risk of false alarms that could lead to inadvertent use.

The world needs leadership and action on disarmament, and Canada is well-positioned to move things forward.

It is important to remember the political and historic capital we have. As a county that has never developed nuclear weapons, we have credibility. As a G7 nation and a member of NATO, the Commonwealth, and the Francophonie, we have global connectivity. And we have some of the best experts in the diplomacy, science and verification of nuclear weapons.

No other country has these claims.

Recently, Minister Dion joined with other G7 foreign ministers in signing a commitment to act on the issue of

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nuclear disarmament. In April, our Permanent Mission in Geneva hosted representatives from 22 governments — both nuclear-weapons countries and non-nuclear weapons countries — to discuss proposals for advancing nuclear disarmament.

What can Canada propose?
We should use the upcoming G7 to announce that
Canada will make nuclear
disarmament a cornerstone of
our campaign for a seat on the
UN Security Council. And we
should commit to a specific set
of actions.

First, we should pledge concrete support for the Iranian nuclear deal, by offering to provide assistance in verification and compliance.

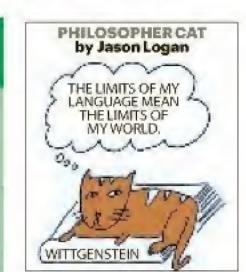
Second, we should commit additional support to the work of the International Atomic Energy Agency.

Third and most important, Canada should offer to host a high-level conference to discuss a Nuclear Weapons Convention. This conference would allow all countries to share ideas in an open setting and begin work towards a framework agreement leading to a convention.

It is now 71 years since Hiroshima and Nagasaki and the threat of nuclear war is still with us.

Are we ready to put forward serious ideas that will allow Canada to take its place at the UN Security Council and contribute to a more stable world? I hope and think the answer must be yes.

Paul Dewar is a fellow at the Canadian Global Affairs Institute, a former MP and NDP foreign affairs critic.



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Your essential daily news

Words of Amanda Todd find new form in multimedia tribute 'Life Reflected'

BOOK EXCERPT BATCH: OVER 200 RECIPES, TIPS & TECHNIQUES FOR A WELL PRESERVED KITCHEN



Preserving is not just about jelly and pickles — Canadians Joel MacCharles and Dana Harrison give quick, easy and cheap meal ideas made from delicious local ingredients.



Beets are messy work, which is why like to pressure can them. I get all the messy work out of the way in a single day and then I can use beets in my cooking without making a mess. Instead of tossing the skins, we dehydrate them (I add a few whole beets to increase the quantity) and turn them into an intense powder that makes an awesome soup garnish.

PRESSURE CAN Yield: 5-6 quart jars Effort: 25 Minutes Elapsed: 1 and 1/4 hours Eat: Within 2 years

Ingredients:

- 10 lb small (1½-2½ inches diameter) orange beets
- Salt (optional though) recommended)
- Water

Can the beets:

roots and stems attached, and simmer in a large pot of water for 20-25 minutes, until you can easily slip the skins off with a gloved hand. Place the skins in a bowl.

- 2. Prepare the canner and sterilize your jars and lids.
- 3. Strain the beets, allow them to cool enough to handle, peel, and trim off the stems and roots. Beets larger than 21/2 inches in diameter should be chopped smaller to match the others (this will also ensure better texture after preserving).
- **4.** Heat the water for filling the jars to a simmer.
- **5.** Place 1 tsp salt in each jar, add the beets, and then add enough water to cover them. Leave 1 inch of headspace. Gently jostle the jars or use the handle of a spoon to re-

6. Process at 10 lb of pressure for 35 minutes at sea level (if you live higher than 1,000 feet above sea level, refer to the Adjust for Altitude Chart on page 25 for additional processing time).

Dehydrate the skins:

- 7. Weigh the skins. If you have less than 5 lb of skins, chop the missing weight of fresh beets, cleaned and with roots and stem removed, into 1/2-inch slices. Boil until tender, 1-2 minutes, and add to the skins.
- 8. Spread the beet slices and skins on a tray and dehydrate at 125°F for 8-10 hours, until brittle.
- **9.** To make powder, pulverize the dehydrated beets and skins using a high-speed blender or spice grinder. Store the skins and powder on a shelf in a clean, dry, airtight jar.





FOOD TREND

Finally, a cake that tastes like nothing

This year's answer to the cronut is an edible breast implant. Well done, humanity.

OK, it's actually called a raindrop cake and it's essentially a half-sphere of colourless, flavourless jelly that's supposed to look — and taste — like a large, freshly fallen raindrop. It's jiggly, smooth and delicate. When bitten, the raindrop yields a soft, melty texture that falls apart rather than giving off a chewy, bouncy, Jell-O-like texture. After 30 minutes or so, the whole thing is supposed to disintegrate. Yum!

The dessert has been making the rounds across international media outlets for the past two months, spurred on by New Yorker Darren Wong, who started selling it for \$8 a pop at a Williamsburg (of course) food market called Smorgasburg in April.

Raindrop Cake Ingredients:

- 1 cup (250 mL) distilled water
- 1/8 tsp (0.5 mL) agar powder
 1/2 tsp (2 mL) superfine sugar, optional
- 1 or 2 drops clear extract like peppermint, orange blossom or



A raindrop cake. TORSTAR

rosewater, optional

Directions:

 In a small saucepan over low heat, pour in water and sprinkle in agar. Stir until agar has completely dissolved. Sprinkle in sugar and add extract, if using. Stir. Bring to a gentle simmer, stir and let cook for one minute.
 Pour mixture into silicone hemisphere moulds or a small round rice bowl. Chill in fridge for one hour, or until mixture has set. Carefully remove from moulds and place on plates.

3. Top with desired toppings like sesame seeds, fruit puree or maple syrup. Serve immediately. TORSTAR NEWS SERVICE



Wash your barbecue down with the pink stuff

While I've already pushed the button on my gas grill a few times this year, for many Canadians the Victoria Day long weekend is the official start of barbecue season. I did a quick poll of friends to get their favourite things to throw on the coals and the unanimous answer was hamburgers and hotdogs; the kings of summertime comfort food.

Red wines made with the likes of Malbec, Zinfandel and Cabernet Sauvignon fit the bill for a nice pairing, as do lightly oaked Chardonnay-based whites. In the middle is rose, the great liquid ambassador.

Kim Crawford's 2015
Pansy! Rosé (\$16.49\$19.99), a blend of
Malbec and Merlot
from New Zealand's
Hawkes Bay region,
is a full-figured pink
wine with more
than enough chutzpa'h to meet any
grilled meat main
and its flavour-forward companions
head on.
PETER ROCKWELL/METRO

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EVENTS AND ENTERTAINMENT

Our time in the sun

Now that the weather is warming up, there's no excuse to binge The Office on Netflix. Yes, even if it's raining. Check out the following events taking place in Winnipeg May 20 to June 20.

On The Edge: The Royal Winnipeg Ballet will be presenting its next generation of ballet stars at their live performance On The Edge on May 26 and 27. RWB students will be performing classical and contemporary pieces, including famous solo piece The Dying Swan. The show includes new work by Company soloist and choreographer Yosuke Mino.

A Perilous Crossing: The Canadian Museum of Human Rights has officially opened their



newest exhibit, which looks at the journey that Syrian refugees took in escaping to North America. The exhibit features worn lifejackets and other found objects from the refugees' travels by boat. The exhibit will be on display until Sept. 25.

First Fridays: One of Winnipeg's favourite theme nights starts back up on June 3. First Fridays happen on the first Friday of every month in the Exchange District. Make a night of it by grabbing dinner at one of the Exchange's many restaurants and then wander through cobblestone streets to artist studios and gallery openings.

Doors Open Winnipeg: Take a closer look at your hometown during Doors Open Winnipeg, a Heritage Winnipeg event now in its 12th year. On May 28 and 29, you can explore some of the city's oldest and most historical buildings. Volunteers will be onsite to guide free tours of buildings such as the Bank of Montreal, the Bishop Velychkovsky Martyr Shrine, the Burton Cummings Theatre and the Dalnavert Museum and Visitor Centre.

Pride Winnipeg Festival: Head downtown for a day of rainbow-coloured fun from May May 27 to June 5. The Festival at the Forks begins on May 28 and features live entertainment for all ages, artisans and a beer tent for adults. The Pride Parade takes place on Sun. June 5 and as always will be led by dozens of unique floats and performers, and an energy you can't miss out on.



CONTRIBUTED

Play a VIP round of golf with Elite Caddies

As they say at Elite Caddies, "Golf just got better."

Whether you know your way around a nine iron or still working on your swing, Elite Caddies is offering golfers a VIP experience this summer. Winnipeg's premiere caddie service is hosting Fore Fridays at Kingswood Golf & Country Club on July 15 and Sept. 16, and at Bel Acres Golf & Country Club on Aug. 5.

Fore Fridays is a great event for those looking for a unique experience on the course this summer. The package includes 18-holes of golf, use of carts, dinner, gift bag and more, plus the company of one Elite Caddle per group for \$600 per team or \$150 per golfer.

"It's a fun event, with a shotgun start so

everyone goes out at once," Brenna of Elite Caddies says. "You can be a novice player and still have a great time on the course."

More than a day in the sun with friends, Fore Fridays offers an executive-style experience with the help of an Elite Caddie.

"The caddies do everything from cleaning the clubs, raking the sand trap, tending the flag stick, assisting with yardage, and much more, leaving the players to focus on their game," Crystal of Elite Caddies says. "They're there to cheer you on, give you pointers on where to shoot your ball... tournaments are fun no matter what but this makes golfing even better."

For more information and to sign up, visit elitecaddies.ca/fore-fridays.









Hart and soul at the Park

Iconic wrestling manager and musician Jimmy Hart to visit Winnipeg

He's travelled the world with his megaphone, but Jimmy Hart says that coming to Winnipeg will be a little like returning home.

"Going back is always a thrill," Hart says. The iconic wrestling manager and musician will be onstage at the Park Theatre (698 Osborne St.) on Wed., June 8 for a night of storytelling, photos and autographs.

"We're leaving everything up to the audience," Hart says. "Nothing is off limits, nothing is censored. They can ask Jimmy Hart anything they want to ask me about the people I've managed or my personal life or my musical career, and that's what makes it fun."

flart says he won't be surprised to see a few action figures brought along to be autographed, as well as other wrestling memorabilia.

During his career, Hart became known as the manager of champions, having

managed wrestlers such as Greg "The Hammer" Valentine, the Honky Tonk Man and Hollywood Hogan. Just like he did in the ring, Hart will be carrying his famous megaphone with him at the Park.

"At ringside we used to throw it around quite a bit, but when people pick it up they're surprised at how heavy it is," Hart says. "In Memphis I used to carry a cane to the ring and one day I was in Buffalo, NY, and Vince McMahon had come from Japan and he came to me and said, 'this is going to be your new gimmick, I want you to carry this to ringside.' So I got to paint it up and fix it up and I've been carrying it around ever since.

"Thank gosh he didn't give me a piano to carry around."

Those who are familiar with llart's legendary stage presence know he's all about putting on a good show.

"Dick Clark told me something one time: 'when you're onstage no matter what you're doing, give the people their money's worth and remember one thing-if you dress like the audience, one time you might end up sitting in the audience," Hart remembers.

For tickets and info, visit myparktheatre.com.



Hot Splashes dragon boat team celebrates 11 years

From its roots as a book club and women's soccer team, Hot Splashes will celebrate 11 years as a dragon boat team in June by raising funds to fight cancer.

"We are happy to contribute to a good cause and we love the exercise, sociability and the fun we have," says Shannon Breckman. "It's hard to believe we've been doing this over a decade but it's been a wonderful experience and most of our original members are still paddling,"

Dragon boating is renowned for teaching the value of teamwork and promoting a healthy, active lifestyle. When the Canadian Cancer Society is putting on the festival, it's also about having a ton of fun and making a difference in the cancer fight.

You still have time to join the fun. The Canadian Cancer Society River City Dragon Boat festival will take place on June 3 and 4 at the Manitoba Waster Ski Park. A weekend of fun, entertainment and racing, it's open to individuals, groups and organizations looking for a healthy way to team-build and enjoy

a little friendly competition.

Never paddled before? No worries: the registration fee not only covers entry but includes paddles, life jackets and two practice sessions with an experienced coach.

"Anyone can do this," Breckman said.

"We're not super athletes. Our team really enjoys the festival atmosphere where we can hang out, relax, visit with each other, and absorb the great positive energy of the event.

"And, we also have a blast actually racing and really enjoy the practices."

Hot Splashes has turned dragon boat racing into a real social event for people who enjoy one another's company. They practice hard and then go out for drinks and some socialization.

"We like to play hard but our team is also very committed to the fundraising aspect of the dragon boat experience," Breckman says. "We have a team member who looks after fundraising efforts and people use their personal networks and we've done team fundraising holding a bud and spud night to



CONTRIBUTION

raise some extra funds."

More than 50 teams have already signed up for this event but there is lots of room for you, your friends, family members and work colleagues. For more info or to register online, visit cancer.ca/dragonboat, contact Dave McKnight at dmcknight@mb.cancer.ca or phone 204-788-4547.

To register, go to cancer.ca/dragonboat (credit card required for registration fee), or contact dragonboat@mb.cancer.ca to pay registration fee by cheque.





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Manito Ahbee back in town

Annual festival to showcase Indigenous music, art and culture

Back for its 11th year in Manitoba, the Manito Ahbee Festival (May 18-22) promises to be an unmissable cultural event. With performances, handmade goods and interactive activities throughout the city, Manito Ahbee is a family-focused festival with something for everyone.

Executive director Lisa Meeches says this year will offer guests new events and new venues to check out, as well as the usual festival favourites.

"We have a new event called Celebrate Indigenous Music Concert," Meeches says. Celebrate will take place at Club Regent Event Centre on Friday May 20, and will feature world-class Indigenous artists from across Canada.

"We're still creating a star system with Indigenous artists," Meeches says. "We wanted to make sure that they have a prime showcasing opportunity, which is why we're producing Celebrate.

"The artists that perform on Celebrate are from across the country and will be performing different genres of music."

On the docket this year is Susan Aglukark (pop, Juno winner), William Prince (folk), Dee Erin Band (rock), Rhonda Head (soprano), Rescued by Dragonflyz (metal), Twin Flames (folk pop), Fawn Wood (traditional, hand drum) and Stoney Park Drum Group (pow wow).

"They're all up and coming," Meeches says. "That night we also have a Pow Wow demonstration of different dances you can see the next day at the International Pow Wow."

The International Pow Wow takes place Sat., May 21 and Sun., May 22 at the RBC Convention Centre and will feature over 900 dancers performing a variety of styles and dances.

"We have three new dance categories which is an older version of the more contemporary style of women's dancing in women's jingle and grass," Meeches says. "There's a bit of a contemporary feel to some of the dance styles, but in order



PHOTO BY: MATT DUBOFF

to stay true to the style of dance we've included these categories which will promote and install that ancestral way of dancing."

A trade show will take place in conjunction with the Pow Wow, featuring handmade wares and crafts.

"This is for anyone wanting to learn about who we are and how we celebrate and we want to invite all Winnipeggers."

For more information visit manitoahbee.com.



Titan XD can play with the best



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THE CHECKLIST 2016 NISSAN TITAN HD

THE BASICS

Engine: 5.6-litre V8 Power: 390 hp and 597 kg/m of torque

Transmission: Seven-speed automatic.

Price: \$45,900 to start.





LOVEIT

- Strong low-end pull
 Overall comfort
- · Price point

LEAVEIT

No larger fuel tank options

Heavy truck offers combo of comfort, power

Nissan knows it can't rely strictly on a brand name to sell its truck, because although the Cumminspowered Titan XD has garnered plenty of attention since launch, it will only be a small part of the brand's overall truck sales pie.

The brand wants us to think of the Titan as a heavy half-ton that offers the capability of an HD pickup. Base curb weight on the gas-powered truck is still a hefty 2,724 kilograms for the S model, though that is 272 kg lighter than the diesel-version.

The maximum payload on the gas-powered version comes in at 1177 kg with rear-wheel drive.

It's safe to say that this rig won't be easy on the wallet when it comes to fuel bills. Our day of driving had the internal readout ranging from 21.7 to 18.8 litres per 100 km, about what you'd expect from such a heavy truck.

The lush rolling hills of Tennessee served as our test bed for this new powertrain, a 5.6-litre V8 with 390 horsepower and a

seven-speed automatic transmission. Though the displacement is the same as the V8 found in the previous Titan, this engine is heavily revised, with the biggest changes being the addition of direct injection and Nissan's proprietary VVEL (Variable Valve Event & Lift) technology. These changes help in low-end power delivery and overall refinement in the engine.

Though it is a heavy truck, the Titan XD isn't a slouch with this V8 under the hood, certainly offering more get-up-and-go than the big diesel. Also serving the power up well is the seven-speed transmission.

Loafing about the tight Tennessee roads through farm country, the Titan felt heavy, pushing when hustled through corners, but the most prevalent sensation is one of comfort. The cabin is nicely muted from the road and the heavy set nature of the truck allows it to feel absolutely planted to the ground in all situations, especially when cruising in a straight line at highway speeds.

Steering feel is on the light side for the Titan, while the brakes feel very strong, especially with no weight pushing from the rear end of the truck.

Nothing can upset the large, calm nature of this truck. AUTOGUIDE.COM



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Canada's winning streak at the world championship ended at 16 games after a 4-0 loss to Finland in its preliminary-round finale Tuesday

Bolts promise there's 'more in the tank'

NHL PLAYOFFS

Lightning think best is yet to come vs. Penguins

The Tampa Bay Lightning are back home after splitting the first two games of the Eastern Conference final, feeling good about themselves, though hardly satisfied.

"We've got to play better to win this series, there's no doubt," coach Jon Cooper said Tuesday, adding the team has yet to "put our best foot forward" against the Pittsburgh Penguins.

"I think now that we've played them two times, we know a little bit more what to expect," Cooper added. "But I know we've got more in the tank than what we've showed."

Game 3 is Wednesday night at Amalie Arena.

"By no means am I sitting here saying: 'Oh gosh we're a way better team.' Not at all. They have a lot to do with it as well," Cooper said. "You don't get to the conference final by fluke.



We've played our hearts out.

Jon Cooper whose Lightning are 9-3 in the playoffs.



Jon Cooper's Lightning have yet to lose consecutive games this post-season going into Game 3 of the Eastern Conference final on Wednesday night in Tampa, Fla. BRUCE BENNETT/GETTY IMAGES

They've got a really good team. There's a reason they've had the (NHL's) best record since February, whatever it is, and they're playing well."

The Lightning have been one of the NHL's most resilient teams during the playoffs, so they're confident they have the resolve to bounce back from a 3-2 overtime loss in Game 2 to regain the edge in the best-of-seven matchup.

Cooper is more concerned with eliminating mistakes that have contributed to a lack of scoring opportunities, as well as playing better defence in front of

goalie Andrei Vasilevskiy, who's filling in for injured starter Ben Bishop.

Bishop left Game 1 with a lower left leg injury and is day to day. And, although Cooper said he's optimistic the Vezina Trophy finalist will be able to return at some point in the series, it doesn't seem likely Wednesday.

Not that the Lightning lack confidence in Vasilevskiy, who had 38 saves in Game 2 on Monday night.

"I feel bad for Vasilevskiy. That kid just plays lights out for us every time, and we just haven't played very well in front of him.

We seem to hang him out to dry at times during games," Cooper

While Cooper stressed that Tampa Bay can play better, he doesn't want anyone to get the impression that he's disappointed in the way his team — which has been without injured star Steven Stamkos the entire playoffs — has performed.

The Lightning, trying to reach the Stanley Cup final for the second straight year, advanced in five games in each of the first two rounds. And, they have yet to lose consecutive games this post-season. THE ASSOCIATED PRESS

Rangers' Odor gets 8 games for punch

John Gibbons

THE CANADIAN PRESS

Texas second baseman Rougned Odor was given an eight-game suspension Tuesday while Toronto manager John Gibbons and pitcher Jesse Chavez each received three-game bans for their actions in a weekend game between the Rangers and Blue

A total of 14 players and staff members from the two teams were disciplined, Major League Baseball said in a statement Tuesday evening.

Odor, who delivered a punch to the jaw of Blue Jays slugger Jose Bautista, was suspended for fighting in the top of the eighth inning in Sunday's game. The incident started a bench-clearing melee at Globe Life Park in Arlington.

Chavez was disci-

IN BRIEF

plined for intentionally throw-

ing at Prince Fielder in the bot-

tom of the inning with warnings

Andrus was given a one-game

suspension for "aggressive ac-

tions" during the incident while Bautista was given a one-game

ban for his on-field actions and for his post-game comments.

Gibbons, who returned to the

field after being ejected ear-

lier in the game,

confirmed before

Tuesday night's

game against

Tampa Bay that he

was also fined \$5,000

US. Toronto first base coach Tim Leiper re-

ceived a one-game

suspension and re-

closed fine.

ceived an undis-

THE CANADIAN

Rangers shortstop Elvis

in place for both sides.

The Atlanta Braves fired manager Fredi Gonzalez, who couldn't survive the

worst record in the majors.

MLB-worst Braves fire skip

Braves general manager John Coppolella confirmed the firing of Gonzalez on Tuesday. This was Gonzalez's sixth season with the Braves. Entering Tuesday, they had lost eight of 10 and owned the worst record at 9-28, already 13-1/2 games out of first place in the NL East. THE ASSOCIATED PRESS.

76ers get rare victory scoring No. 1 draft pick

The Philadelphia 76ers have won the NBA draft lottery and will have the No. 1 pick in June.

The Los Angeles Lakers finished second Tuesday night. They would have dealt their pick to Philadelphia had they fallen out of the top three. The Toronto Raptors received the ninth pick as part of a past trade with the New York Knicks. THE ASSOCIATED PRESS



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RECIPE Salmon Parcels



Ceri Marsh & Laura Keogh For Metro Canada

Unwrap a healthy dinner of fish and crisp veggies. Steam some rice if you feel like a bit more heft.

Ready in

Prep time: 10 minutes Cook time: 15 minutes

Ingredients

- 2 salmon filets
- 1/2 carrot, out into matchsticks
- 1 red or yellow pepper, cut into matchaticks
- · 1 baby bok choy, the white part cut into matchsticks, the green part out into ribbons
- 1 Tbsp sesame oil
- 1 Thap rice vinegar
- 1 tsp low sodium soy sauce.
- 1 tsp ginger, minced

Directions

 Preheat your oven to 400 degrees. Whisk together oil, vinegar,

sey sauce and minced ginger and toss with your veggies

- 2. Cut two square pieces of parchment, each piece about 12" by 18" square then out the largest heart shape you can within the squares. Fold it in half down the middle and make a crease.
- 3. Working on a baking sheet, place your parchment down and put half of your veggies down on one half of the heart. Then place one piece of fish on top of the veggie bed. Fold the heart. closed and fold and pleat the edges until it is sealed. There will be a little bit at the end that you'll have to tuck under. Repeat with your second parchment.
- 4. Bake for 15 minutes. Remove and place parcels onto a plate and carefully slice open.

FOR MORE MEAL IDEAS, VISIT

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

ACROSS Tailoring crease Moves to the jazzy musici 9. Vermicelli or 14._-gravity 15. Soup vegetable 16.MC Hammer's "_ Touch This" 17. Suffix with 'Problem' 18. Surprise military attack 19. Watch the big game on one in a sports bar, e.g. 20. Sainte-Helenede__ Quebec 23. Pickle jar topper 24. Longing 28. Royal LePage employee 32. Permanent-on-aperson picture 33. Shania Twain album: 'The Woman ____' 34. U2's drummer, Larry _ Jr. 37.From Z 38. Movie genre 40. "Oh, give ___ home where the buffalo roam..." 41. Caffeine nuts 43. "Ich bin __Berliner." - JFK 44. _-Robbins (loe cream chain) 47.Loot load 48. Crosses to bear 50. Shreddies and Cheerica 52, Harvey's fare: 2 wds. 55. 'Edmonton' suffix (Denizen of Al-

15 16 18 10 33 42 38 43 45 45 48 56 59 64 65 62 68 88 69 70

stars as a TV producer in this 2010 comedy: 2 wds. 61."__a Symphony" by The Supremes 64, Ms. Remini 65. Succulent plant 66. Portia's "Ally Mo-Beal" character 67. Stare

68. Bark-made cloth 69. Ms. Kardashian 70. Blue dyestuff 71. Sámuél L. Jackson film, "__ Bayou" (1997)

DOWN

 Swedish auto Intermission, _'acte 3. "It's __!" (3-3 game exclamation)

4. Victor _ (Member of Canadian pop/opera quartet The Tenors) 5. "Yawnsville."

reason 6. "That's fine." 7. PCO = _ Counboss: 2 wds. 10. Highlight 11. Blue

12. "Ka-boom!" causer 13. Four-wheel-

cil Office

"Sexy_"

8. The Beatles'

9. Show who's

21. Young fox 22. Behind 25. Canadian actreas Ms. Ricci 26. Less than one hundred percent: 2 wds. 27. Canada __ (Belonging.) to a Canuck bird). 28. "300: ___ an Empire" (2014) 29. Spanish dramatist, Juan del 30. Grade above B Plus, ___ 31. Servings in saloons 35. Currency in Albania 36. Secular 39, 'Relief' follows this spelling rule ...but Receive' doesn't: letter + word + letter 42. Store sign appreciated by a night cwl: 2 wds. 45. Biblical instrument 46. Made a horse sound 49. Manitoba: __. _ Provincial Park 51.__doll 53. Not set loudly, as a radio: 2 wds. 54. San __ California 57. "The Lion King" (1994) lioness 58. Antarctica's Prince_Coast 59. Knot-máker's need 60. Fancy 'fors' 61. Pen's liquid 62. Scheming laugh half 63. L ... spelled out

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

berta's capital)

56. Rachel McAdams

Aries March 21 - April 20 Upsets with spouses, partners and close friends are likely today. Therefore, don't jump the gun. Wait to hear what others have to say before you react.

Taurus April 21 - May 21 Be patient with co-workers today to avoid upsets. Nevertheless, your day will be interrupted by computer crashes, power outages, fire alarms, staff shortages or canceled appointments.

II Gemini May 22 - June 21 This is a mildly accident-prone day for your kids, which means if you are a parent, be vigilant. Likewise, if you work with children, make sure they are free from hazardous situations.

Cancer June 22 - July 23 Small appliances might break down today, or minor breakages could occur - something will interrupt your home routine. Someone unexpected might knock on your door.

Leo July 24 - Aug. 23 This is a mildly accident-prone day for your sign, so pay attention to everything you say and do. Think before you act. Guard against knee-jerk reactions.

Wirgo Aug. 24 - Sept. 23 You might find money today, or you might lose money. This is because something having to do with your financial situation is unpredictable. Guard your possessions against loss, theft or breakage.

Libra Sept. 24 - Oct. 23 Today the Moon is in your sign sitting opposite unpredictable Uranus. Therefore, expect disruptions to your day. You might be obsessed with something unusual. (Easy does it.)

III. Scorpio Oct. 24 - Nov. 22 You feel restless today. You have the feeling that you're waiting for the other shoe to drop. Don't worry, because many people feel this way today. It is what it is.

Sagittarius Nov. 23 - Dec. 21 A friend or a member of a group might say or do something that surprises you. Alternatively, you might meet a real character today - someone who is bohemian or avant-garde. Capricorn Dec. 22 - Jan. 20 You feel defiant when dealing with authority figures today. This is why you don't want anyone bossing you around or telling you what to do. (Remember the power of courtesy.)

Aquarius Jan. 21 - Feb. 19 This is a mildly accident-prone day for your sign; therefore, becareful. Expect travel cancellations or changes. Yikes.

Pisces

Feb. 20 - March 20 You might be caught off guard with a decision regarding inheritances or shared property today. Be prepared for something from out of the blue that could affect how you financially relate to others.

CONCEPTIS SUDOKU by Dave Green

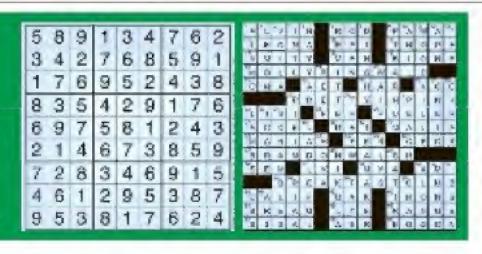
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